

AYLESBURY VALE U.3.A.



Issue No. 85

December 2017

CHAIRMAN'S LETTER

Welcome to the Christmas edition of your U3A newsletter. This is the first time I have flown solo without my joint chairman Lynne, so no pressure eh?

Hope you are all prepared for the Christmas and Hogmanay celebrations.

We Scots have only recently celebrated both festive occasions to the same degree. An act of the Parliament of Scotland in 1640 made the celebrations of “Yule vacations illegal”. It was not until 1958 that Christmas became a public holiday in Scotland and not until 1974 that Boxing Day was recognized as a festive holiday.

I hope you are all looking forward to our Christmas Show. The team has been working very hard during the past few weeks, although the planning process began way back in March, believe it or not. The ukulele group will be playing a bigger part in proceedings this year and are now hoping to play some “gigs” in the coming year.

The year has been a very good one for our U3A with an increase in the membership to about 500. New members joining this year completed a questionnaire about their interests and their potential for serving on the committee. A small team of members has been formed to analyse the answers and proactively encourage those who wish to take part in the running of the organization.

In conclusion, may I wish you a happy Christmas and a good New Year.

Greig Sneddon



CAMPING AND CARAVANNING GROUP IN KESSINGLAND:

The final trip in 2017 was to Kessingland in Suffolk, where five of the group enjoyed four days on the Suffolk coast. The site was bordered on the one side by a single-unit wind farm and on the other a wild life African Adventure park. Despite this, we all enjoyed four sleep-filled nights under the canvas. During the visit we managed to cram in the following activities:-

- a visit to the lovely coastal town of Southwold- a sunny walk to Walberswick that included a ferry trip on a hand rowed boat - a bus trip to Lowestoft where we toured the floating museum fishing boat 'Mincarlo' followed by a lovely lunch in a promenade restaurant. - a visit to Snape Maltings where the old mills have been converted into an arts complex that includes a craft village and a concert hall and a visit to Aldeburgh where we had a lovely stroll along the promenade, followed by a tasty fish and chip lunch.

We will soon be planning our trips for next year.

Greig Sneddon

The sign outside the Fish and Chip Shop at Aldeburgh says it all !

Roger Fox takes the helm on the fishing boat Mincarlo. Both photos taken by Greig.



Little report from Poetry Group One

"Over a refreshing cuppa, joined by new comers, Dylan Thomas and others, Jollity and Cheerfulness were enjoyed.

If you fancy a cuppa and friendly company pop along to our Poetry Group, it might just be your cup of tea. We meet fortnightly at the Grange School 3. 30 - 5 p.m.



Jenny Corton

THE CRAFT GROUP

Several members of Aylesbury Vale U3A Craft Group have been involved in knitting squares and making up blankets for Knit for Peace. This charitable organisation distributes all sorts of knitted goods to those in need, both in the U.K. and abroad. Recipients have included survivors from the Grenfell Tower fire and Syrian refugees.

The picture of Molly Sanderson and Jean Ashton (taken by Heather Edwards) shows just a selection of the colourful finished blankets. Also involved but not in the photo were Jane Hobson, Jill Gray and Joan Thorley.



VOLUNTEERS NEEDED TO LISTEN TO CHILDREN READ IN LOCAL PRIMARY SCHOOLS

Can you spare an hour or two a week to listen to children read in a local primary school ?

‘Schoolreaders’ is expanding in Buckinghamshire and is looking for volunteers to carry out this important role. No qualifications are necessary, just a good command of spoken and written English. Reading time for many children at home and at school is often insufficient, and one in four children are now leaving primary school unable to read to the required standard. This can have a lifelong consequence.

‘Schoolreaders’ is flexible and will match your availability to an appropriate local school. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website www.schoolreaders.org to join or call 01234 924111 for further information.

COFFEE MORNING WITH AYLESBURY TOWN BOWLS CLUB: CLUB



The coffee morning held at Aylesbury Town Bowls Club on 29th September raised the magnificent sum of £538 which, with some of the money gift aided, means the charity will receive around £600.

Thanks go to all our members who helped in any way. The U3A bowls group who of course are all either Social or Full Playing members of the club were especially generous in making cakes, donating Tombola prizes and above all coming along on the day.

It was great to see quite a few of our non bowling members there, I hope they not only enjoyed the cakes but also the friendly atmosphere on what was a most successful and convivial day.

Well done everyone.



DISCOVERING DISHES:

Do you have a repertoire of favourite recipes that you cook for family and friends? Would you like an excuse to cook for a few extra occasionally? Perhaps you seek new recipes in magazines or the internet and want an excuse to try them out. If any of the above apply to you why not join the Discovering Dishes Group because we would love to share your ideas and recipes.

We meet on the fourth Monday of the month in each other's homes. We don't cook every time but take it in turns to bring a dish we have prepared at home, both savoury and sweet. Usually we have a taste of three courses, or we may do a group buffet or an afternoon tea. We have had a speaker and occasionally we go out to enjoy the cooking of others. Each meeting, from 11.30 - 1.30, is a good social event, culminating in a tasty lunch.

There is no requirement to be a cordon bleu chef; in fact mistakes are considered to be a great contribution to our learning. Many of us find it doesn't always go to plan. This is all part of the enjoyment of discovering, learning and sharing.

For further details please contact me Bobby Cawallader on dishes@avu3a.org.uk.



Although summer is but a distant memory we thought you might still like to look back at a not-too-sunny day when members took to the river from Folly Bridge in Oxford, and later took afternoon tea in Abingdon. Despite a slightly chilly breeze the day was much enjoyed—and nobody was seasick! Photos from Gay Hancock.



READERS' CIRCLE 2 celebrated their 10th Anniversary in September with some non-alcoholic champagne, chocolate cherry cake and chocs. See photos above and below

A good time was had by all who were able to attend and we look forward to another 10 years of reading books recommended by our Group and delving into books we wouldn't have chosen by ourselves. We realised that over the 10 years we had read 110 books +1 as one month we read two!



Due to recent 'escapees' our Group has room for 1or 2 more readers to join us. We are a lively, friendly bunch of people and always enjoy our monthly meetings Why not give us a go ?

Brenda Daniel



A NEW TROPHY FOR THE BOWLS GROUP:



At the end of the Summer Bowls season, Jill Snookes presented the Group with a Trophy Tankard in memory of her late husband Gordon. The Tankard is to be presented annually to a player at a fun day with several different tasks to be preformed.

The Winner on this first occasion was Dave Merrison seen here receiving the trophy from Gilly.

ODE TO AYLESBURY VALE U3A

Oh Aylesbury Vale, the best of U3As
How do we love thee ?

Let us count the ways.

With **Book Groups** and **Writing to get us Creative**

In **German, Spanish** and **French** some like to go native.

Scottish Dancing and **Swimming** and **London Streets Walking**

When we're **Out and About** we never stop talking.

Back Gammon is one of the **Dishes Discovered**,
Wine is imbibed and **Family Histories** uncovered.

Ma Jong, she likes **Music, Poetry, Painting**

And listening to **Opera** can soon have her fainting.

Tai Chi's had a **Wildlife**, he's been known to **CUSS**

And to **Play Reading Cards** while **Transported** by bus.

For his **Current Affairs** we don't give **10 Pins**,

We'll keep Bowling along and forgiving his sins.

You must have met **Si (Psy)** – **Chology**'s his name

Always **Camping** it up in the **Theatre** – that's fame.

Art's Appreciation of **Dominoes** can **Bridge** any gaps

In **His Stories** of **Outings** to **Photograph** maps.

The Garden Group's reborn, **Can Astas** survive?

Walks Gentle and **Local** will keep us alive.

New groups appear, **Ukuleles** are strummed

And with **2 more computer groups** our brains are replumbed.

And now tis the season for **Chess** nuts in **Bowls**,

To **Craft** a **Crib** for a child sent to save all our souls.

Well there it is, I'm not known to skive

I've mentioned all groups – that'll be 45.

What's that you say, there should be 46

What adds up to 14 , it's the last in the mix.

Have you got it yet? The answer is **Scrabble**.

Now I've finally got to the end of my babble.....

So Aylesbury Vale, the best of U3As

How we DO love thee

Yes we've counted the ways.

Jean Ashton

MILITARY HISTORY GROUP:



Over the last few months we have had some interesting talks from members covering various military subjects from the American Civil War to the story of R.A.F. Halton itself. The latter was given by the Curator of the Trenchard Museum, Francis Hanford.

Later in September the group visited the Museum where we were shown around the two exhibition halls. The first held displays depicting the history of R.A.F. Halton.

It housed an old training aircraft in which one of our oldest members, Cyril Reed could not resist sitting.

In the other hall were flight simulator trainers old and new, the newer ones being computer activated. Two members tried their hand at the controls of the latter and nearly succeeded in taking down Tower Bridge on their approach to City Airport.

The visit was enjoyed by all who attended.

The 2018 programme is now shaping up and we look forward to an interesting year ahead including a possible visit to the Mosquito Museum in September.. So come along and enjoy a couple of hours on the first Wednesday morning of each month when you will get a very warm welcome.



As an old R.A.F. man Cyril Reed couldn't resist sitting in this training aircraft.

Ken Satterthwaite was the official photographer for the visit.

Ken Satterthwaite



We are glad to report that Tower Bridge is still intact.

ROCK'N'ROLL CHRISTMAS PARTY 2017

Thank you to everyone who bought tickets for our Christmas Party this year. My apologies to all those who couldn't get tickets due to the unexpectedly high demand. The party sold out much quicker than anticipated and as this was the first time we held this event I hope to build on this in future years. I also hope next year more of you can attend.

For those of you who attended I would very much welcome your comments, suggestions and criticisms so we can improve on this for next year.

Please contact me with your comments at -

Party@avu3a.org.uk



John Wilford



Outdoor Bowls

This is such a happy group, playing with keenness and enthusiasm despite the vagaries of the British weather. As part of our weekly meetings at Aylesbury Town Bowls Club during the summer months, we play some competitions which are entered with great spirit and humour. Our Dorrance Trophy, a drawn pairs competition, was won this year by Rita Cromar and Billy McCunn who overcame Jenn and Dave Merrison in the final play off. However Jenn and Dave were not to be outdone and with the help of Dave Corton, our trio went on to win the Mary Rogers Cup as the best U3A

rink in our annual match against Aylesbury Town. And, for the first time, to our great delight, we WON the match! The match was followed by an excellent meal provided by Aylesbury Town. As you can read on Page 5, we now have a new trophy presented by Gillian Snookes in memory of Gordon who passed away earlier this year. This took the form of a very successful fun day where everyone had to complete 6 different tasks, eg. Bowling into a raised target. Our winner was Dave Merrison, with Dot Simmons and Dave Corton as joint runners up. We like to finish the season on a light hearted note and so we also had a competition where points were awarded to the three bowls nearest the jack so it was possible, although very hard, to score 6 points each end. Our winner was one of our new players, Dave Corton, with Colin Spencer a close second.

Our deputy leader for several years has been Ron Lloyd. Ron feels that he can no longer help to run the group although he hopes to continue to play. I would like to thank Ron for his very valuable assistance over the years.

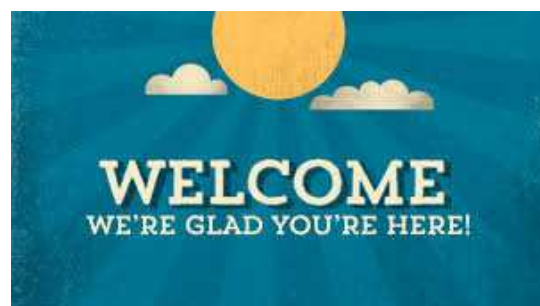
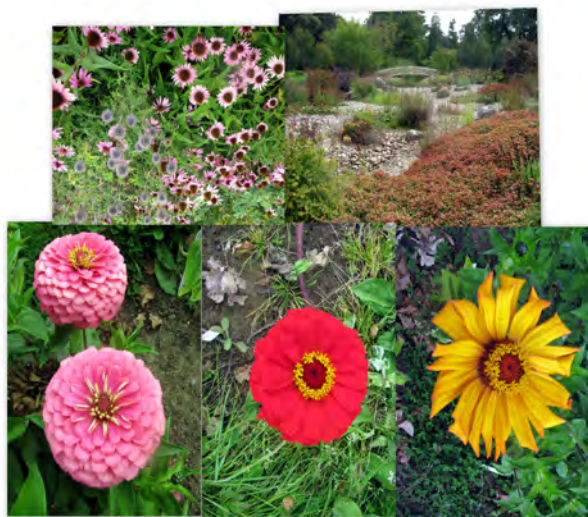
We will start the new season at the beginning of May 2018 and as usual we will be delighted to enrol new players. No experience is necessary and we can provide coaching, so don't hesitate to come and join the fun.

Elinor Paterson

Group Coordinator



Chairman	Greig Sneddon	Chairman@avu3a.org.uk
Vice Chairman	Situation Vacant	V.Chairman@avu3a.org.uk
Secretary	Moirra Bishop	Secretary@avu3a.org.uk
Treasurer	Richard Clark	Treasurer@avu3a.org.uk
Groups Coordinator	Jackie Rickard	Groups@avu3a.org.uk
Hall Manager	Roland Scroggs	Hall@avu3a.org.uk
Membership Secretaries	Tony and Jill Davis	Membership@avu3a.org.uk
Outings Coordinator	Situation Vacant	Outings@avu3a.org.uk
Social Activities Coordinator	Mary Singleton	Social@avu3a.org.uk
Speakers Organiser	Joe Southall	Speakers@avu3a.org.uk
Website Managers	Moirra Bishop and Derek Ayshford	editor@avu3a.org.uk
Newsletter Editor	Shirley Stokes	Newsletter@avu3a.org.uk
Sound Engineer	John Wilford	Sound@avu3a.org.uk
Trusted Traders	June Thomson	trusted@avu3a.org.uk



Top right, I am reliably informed, was the welcoming committee for the U3A visit to Woburn in the autumn. Gay Hancock took this photograph, while Richard Clark sent the two delightful collages, also taken on a lovely day in Woburn

WELCOME TO OUR NEW MEMBERS.

Beryl Hayes; Philippa Coventry; Peter Brown; Jean Nelson; Paul Nelson; Stan Ball; Val Ball; Paul Henison; Ruth Henison; Mary Pedder, Robert Pedder; Linda Digby; Pauline Collier; Mary Chesworth; Tom Chesworth; Margaret George; Peter George; Norma Fleming, Ray Hermans; Diana Connolly; Philip Bryant; Edward Wright; Mary Wright; Desiree Bartlett; Pat Randall; David Rickard; and Antonietta Zappone

SMAC KRAKOWA— A TASTE OF KRAKOW



The intrepid 25 photographed by
Peter Ashton!

For the first week of October, a group of twenty-five members enjoyed a trip to Krakow in Poland, organised by Sheila and Ron Syrratt. Krakow is an historic city dating back over a thousand years. Despite being destroyed by the Mongols in 1241, it had recovered sufficiently to be granted a Municipal Charter by Boleslaw the Chaste in 1257.

Remarkably, it survived the Second World War with only minimal damage and the centre has many medieval buildings surrounded by park land (The Planty) where the city walls once stood.

The city has expanded in size and, in addition to the historic sites, there are museums and for those with more unusual tastes, the modern suburb of Nowa Huta boasts a large steel works and brutalist architecture from the communist era.

Krakow is known as the cultural centre of the country. The Jagiellonian University was founded in 1364 by

Casimir III and is said to be home to 180,000 students. As their year had just started, there were a lot of young people around.

We stayed at The Logos Hotel which is conveniently situated within a short walk of the centre. This proved very useful for the first day which was a guided tour, on foot, with the benefit of being under a clear blue sky.

The walk included the Cathedral at Wawel Castle, the city's main square and baroque churches including one where Ron and Sheila's son was married. A Polish Guide, Alexandra, was on hand to provide background information throughout the week.

By contrast, Tuesday was a day of rain, some heavy. By a masterpiece of planning, we had a trip to the Wieliczka Salt Mine where the absence of rain is guaranteed.

This is the oldest salt mine in Europe and a UNESCO World Heritage Site.

I counted 390 knee testing steps down with several more hundred to follow, but it was certainly an interesting experience.

After a break, there was a return to Wawel Castle, this time to look at the Royal Apartments and, in particular, the tapestries. The weather, at this point, sent many to the trams for transport back to the hotel!

I understand that the trams operate on tickets that can be purchased locally or on the tram and then have to be verified by inserting into the machine provided on entering the tram. As a person who is yet to obtain an Oyster Card, I put up the umbrella and strode purposefully back.



Some of the tapestries at Wawel
Castle

The added poignancy was that our guide, Wojtek, (the barman's spelling, not mine) told us that his father served three years at the camp and his grandfather died there. I wondered how he could cope with his job, given the family history.



Salt carvings—photo by
Peter Ashton

A visit across Krakow to Oscar Schindler's Museum followed by an afternoon trip to the camps at Auschwitz and Birkenau was never going to be designed for hilarity. The camps were, more to the point, both very moving in their individual ways. Enough is known about what happened here for explanation to be unnecessary. It is sufficient to say that actually going there and seeing, for example, piles of human hair and spectacles that once adorned human heads leaves a deep impression. More than one person made a comment about the inhumanity of man to man.

A trip to the Tatra Mountains and the skiing resort of Zakopane begged for a fine day. The weather did not quite rise to the occasion but the cloud cover was high enough to enable us to see the snow covered mountain peaks. We stopped along the way to inspect houses constructed of wood, in a village whose name I could not pronounce, (Chocholow) also a World Heritage Site.

We had the lunch break at Zakopane where we could look at the town and the market before taking a drive through the mountains and the return to Krakow. It was time to bid farewell to Alexsandra, our guide throughout the time here.

The last full day was a day for rest, relaxation, walking in the sunshine while avoiding heavy showers and in the evening we met for a group photograph followed by a meal together. At the restaurant, we were intrigued by what looked like a Nuns gathering with some of them dancing with the entertainers.

Saturday was the day for the return journey. I noticed that the post-communist generation speak English as their second language. Public notices were written in Polish with the English translation following. Communicating was never an issue.

Many thanks were expressed to Sheila and Ron for putting the package together and the organisation that went into it. As for the 'Taste of Krakow', that came out of a bag that Sheila handed round on the coach coming back from Gatwick!

Roger Lord



Peter Ashton who took all these photos sneaked a photo of Molly and Brian Sanderson with Ron Syrratt and he insists that they were checking up on who had the most potatoes !



The Art Gallery at Plac Szczepanski



Intellectuals deep in conversation



That village with the unpronounceable name - Chocholov



Memorial to victims at Auschwitz

Getting around in the rain.



Choristers in the Franciscan Church ?



**SOME
CHRISTMAS
THOUGHTS
SENT IN BY
YOU**



IF YOU HAVEN'T MADE YOUR CHRISTMAS CAKE YET.....

You'll need: a cup of water, a cup of sugar, four large eggs, two cups of dried fruit, a teaspoon of baking soda, a teaspoon of salt, a cup of brown sugar, lemon juice, nuts and a bottle of whisky.



Sample the whisky to check for quality,

Take a large bowl. Check the whisky again. To be sure it is the highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoon sugar and beat again.

Make sure the whisky is still O.K. Cry another tup. Turn off the mixer. Break two legs and add to the bowl. Chuck in the cup of dried fruit. Mix on the turner, If the dried fruit gets stuck in the beaters pry it loose with a drowscriver.

Sample the whisky to check for tonsisticity. Next sift two cups of salt or something—who cares? Check the whisky. Now sift the lemon juice and strain your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find.

Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whisky again, and go to bed.

AND WHOSE GOING TO EAT THAT CAKE ?

Relative Joy:

We'll come to you this Christmas, you've got more room than us.
I'll bring the Christmas Pudding so you won't have the fuss.
Jane and Fred and their three were coming to us for lunch.
But they can come to you now and Fred will make the punch.
Best invite Uncle Arthur and his great friend Mary Murphy.
If you play your cards right, they'll provide you with a turkey!
Now there's Nell and Sid and their dog Pip who'll want to join the fun,
Auntie Maud and Uncle Joe, you can't leave them on their own.
What about your Jim's folks? I suppose they'll want to come,
Then there's Joyce and Bill and their lot. Now I think that's everyone!
I'm glad you see things my way, it's much easier for you.
Now that you've retired you've not got much to do.
Oh don't forget tree presents for each and everyone.
And let us know what you'd like, we'll see what can be done.



I watched her get into her car and waved her on her way.

I know exactly what I want - to be **AWAY** on Christmas Day.

By Val FitzGerald

WEDNESDAY 10th JANUARY YOUR COMMUNITY - YOUR CARE. WHAT FUTURE FOR THE N.H.S?

A short presentation by an N.H.S. Clinician followed by Q & A session. This is your chance to ask questions about the future of care in the community. "Our aim of 'reaching out' to communities and groups within the community is to let people know about the changes to community healthcare services and how it will affect them. This could mean changing the way some people view the NHS as more care will be provided in the community and closer to home with (hopefully) less need to go to hospitals for treatment."

WEDNESDAY 7TH FEBRUARY - THE LENBOROUGH HOARD - BRETT THORN

Brett Thorn has an MA in archaeology from Exeter, and is an Associate of Aylesbury Museum's Association. His special interests lie in the Roman period, ancient British numismatics, and historical bladed weapons. Brett has been involved with archaeology at the museum for over 20 years. With a Master's degree specialising in the Roman military, he ended up working in a county with no evidence for any Roman soldiers!

The Lenborough Hoard is a hoard of more than 5,000 late Anglo-Saxon silver coins, dating to the eleventh century, that was found at Lenborough in Buckinghamshire in 2014. It is believed to be one of the largest hoards of Anglo-Saxon coins ever found in Britain.

WEDNESDAY 14TH MARCH - THE FASCINATING WORLD OF A PSYCHOLOGIST : MINDFULNESS -ALAN WISE.

Alan Wise is a qualified Psychologist and Motivational speaker, working for many years in NHS & Private Healthcare. His specialism is in Anxiety, Stress Disorders and Insomnia. Alan has been featured on the BBC Radio & Television speaking on health matters.

His talk is informative, educational and funny and has been enjoyed by many U3A's and other organisations.



FIRST AID



We are very appreciative of the group of members who trained or re-trained in First Aid at the end of October. Their names are on the notice board in the hall for the monthly meeting.

Hopefully we will not need them too often but it is comforting to know that they are there, and we are grateful to them for giving up some of their valuable time .

The closing date for receipt of material for the March 2018 Newsletter will be February 14th—St. Valentines Day so easy to remember! Please send stories about your groups activities including any outside visits or requests for help to Shirley Stokes, at newsletter@avu3a.org.uk

If you are sending written reports it would be helpful if these could be typed in font 'Times New Roman' size 12 with the main heading on the left hand side of the page and with single spacing. All those lovely photographs that our many talented photographers send in should be accompanied by the name of the photographer, the venue and the names of any members featured (unless it is a group photo). Members should have said that they are happy to have their image appear in the newsletter.